



Helping A Loved One With a Drug Problem

If you believe that a family member, loved one or close friend is using drugs, show that person you care by attempting to talk to him or her about a potential problem. If you suspect your child is using drugs, don't hesitate to intervene immediately and help him or her get into treatment. When it is time to approach your friend or loved one, consider the following:

- Think about what you want to say and how you want to say it ahead of time.
- Pick the right time and place: preferably a quiet, private setting when the person is not under the influence.
- Consider a professionally assisted intervention. In this action, a therapist helps you and other concerned family members, friends or co-workers put together a united front to gently confront the substance abuser and help him or her enter rehabilitation. Intervention by a group can thwart the alcoholic's or addict's tendency to rationalize his or her behavior or blame you.
- Adopt the voice of a caring friend, not a judgmental or preachy lecturer. Speak calmly and clearly.
- Demonstrate your concern. Stress that you care about the person's safety and well-being.
- Offer to help the person enter rehabilitation. If it is your child, insist on getting help together as a family. If it is a relative or friend, offer to accompany the person to counseling and treatment sessions, and pledge your support through the recovery process.
- Don't expect your talk to go smoothly. The person may deny that he or she is using drugs, resent your suspicions and react angrily.
- Remember that it is not your job to change the person. The drug abuser must want to change and be willing to seek treatment. Keep in mind, however, that it is your responsibility to get help if it is your child that is abusing drugs.

Additional Support

There are a variety of resources available for information and support available through your employee assistance program (EAP), provided by ComPsych® GuidanceResources®. Simply call: 1-888-355-5385. Confidential help 24 hours a day, 7 days a week, at no cost to you or your immediate family.

Information is also available at: www.GuidanceResources.com. "First Time Users" will be prompted for your company's ID: **MC2003**, to register and create your own username and password.